

WHAT IS CLAIMED IS:

1. A skin moisturizer for oral intake comprising as an active component fermented milk whey obtained by
5 fermentation of milk with *Lactobacillus helveticus*.
2. The skin moisturizer for oral intake according to claim 1, wherein said *Lactobacillus helveticus* is *Lactobacillus helveticus* CM-4 (deposited at International Patent
10 Organism Depository, National Institute of Advanced Industrial Science and Technology under accession number FERM BP-6060).
3. Functional food and beverage comprising the skin
15 moisturizer for oral intake of claim 1, and having a moisturizing effect.
4. Use of fermented milk whey obtained by fermentation of milk with *Lactobacillus helveticus* for the manufacture
20 of a skin moisturizer for oral intake or functional food and beverage having a skin moisturizing effect.
5. A method of moisturizing skin comprising orally administering fermented milk whey obtained by fermentation
25 of milk with *Lactobacillus helveticus*, to a subject.